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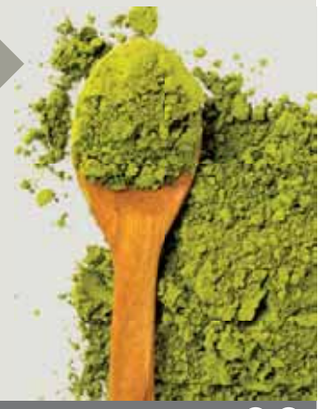
THE NEXT KITCHEN STAPLE: MATCHA P. 12



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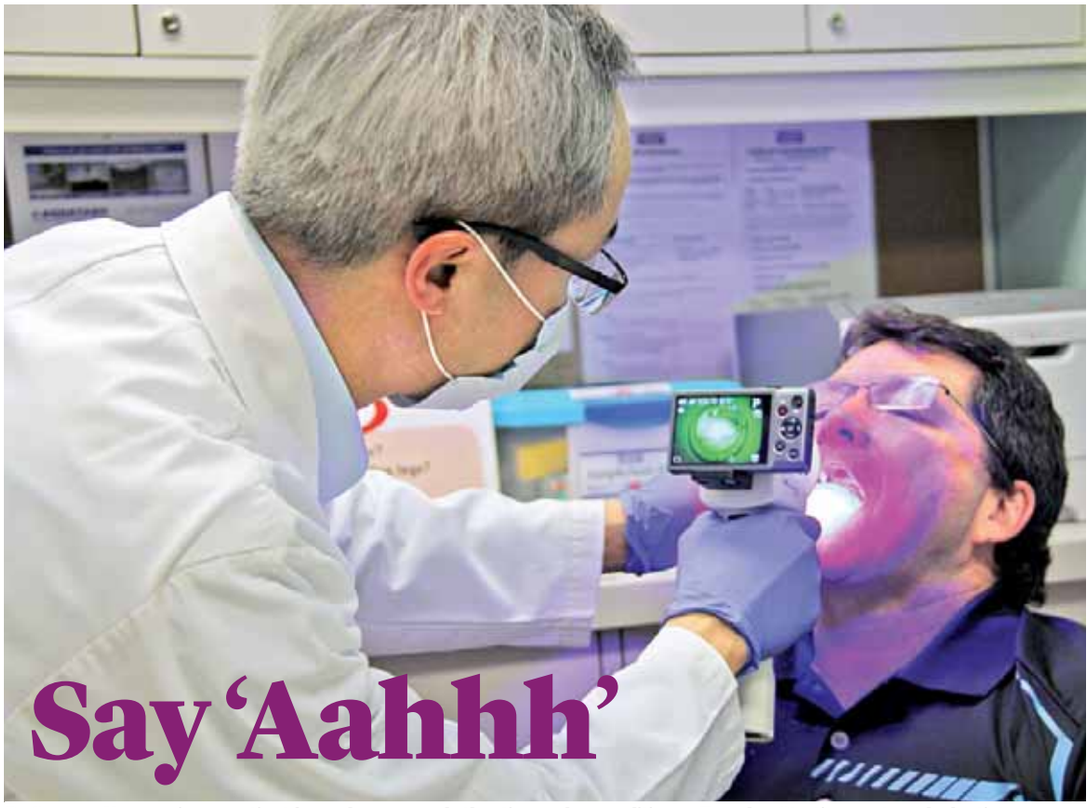

Say 'Aahhh'

Dr. Samson Ng examines a patient for oral cancer and other tissue abnormalities on Tuesday. Starting next week, dentists are teaming up with Lower Mainland pharmacies to offer free oral cancer screening clinics. Story, page 4. THANDI FLETCHER/METRO

Would-be Sikh priest gets $313K

COURT

Motor-vehicle accidents cost man temple job

A Kelowna man has been awarded $313,000 for his injuries in two car accidents that left him unable to sit cross-legged on the floor, one of the requirements for his job as a Sikh priest.

B.C. Supreme Court Justice John Trustcott granted the award after considering that Bachittar Singh Dhaliwal, 66, was hired just before the first accident to become a priest at a Sikh temple.

The court was told that before the accidents, Dhaliwal spent hours sitting on the floor cross-legged in front of a holy book, which he would read slowly to explain it to people at his home each day.

After the first accident, Dhaliwal said, he could still teach religious studies at his home by standing or sitting on a chair but couldn't sit on the floor cross-legged to take the priest position.

Dhaliwal said he now has to sit on a bench at the temple, which makes him feel like an elderly disabled person.

Liability was admitted by the defendants, but the defence argued Dhaliwal's back pain was pre-existing, caused by a fall from a ladder in 2008.

"It is my conclusion the two motor-vehicle accidents only aggravated or exacerbated his existing active back and neck pain that preceded the first accident," ruled the judge.

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metro NEWS
Your essential daily news

White House goes dark. Page 7

New Huntington's drug to be tested in Vancouver

MEDICINE

Treatment said to 'turn off' the mutant gene causing disease

Thandi Fletcher
Metro | Vancouver

The first human clinical trial for a groundbreaking new drug that has the potential to turn off the gene that causes Huntington's disease will get underway in Vancouver this year, says a University of B.C. researcher.

Dr. Blair Leavitt, a professor in UBC's department of medical genetics heading up the city's part of the international clinical trial, said the drug has the potential to directly treat the underlying cause of Huntington's disease.

"We're just about to embark on the very first human clinical trials of gene silencing in Huntington's Disease," Leavitt said.

"This is really the first time we feel that we have something that's going to have a major impact on the disease."

Huntington's disease, a genetic neurodegenerative disorder that causes abnormal involuntary movements, psychiatric symptoms and dementia, is caused by a single gene mutation that results in an abnormal huntingtin protein.

The upcoming clinical trial wouldn't be possible without a new ultra-sensitive test that allows scientists to measure the mutant protein in the cerebrospinal fluid of Huntington's disease patients, said Leavitt.

Leavitt developed the new test along with a team of international scientists. It was featured in a study published this week in the Journal of Clinical Investigation.

Researchers found that the level of mutant protein is higher in patients with more advanced disease.

During the trial, scientists will use the test to monitor the effect of the drug in reducing the mutant protein in the brains of Huntington's disease patients.

The drug, which was developed by California-based Isis Pharmaceuticals, will be administered into the patients' cerebrospinal fluid to "turn off" the mutant gene in the brain, said Leavitt.

For Leavitt, who has spent his career treating three generations of Huntington's patients, the clinical trial is an exciting development. However, he said, more funding is needed to continue the research.

"This is a horrible disease that affects families," he said. "I am convinced that we can cure this disease, but there's still so much work that needs to be done — and every day that goes by, we lose patients."

Dr. Blair Leavitt, a medical genetics professor at the University of B.C., is heading up this city's part of an international clinical trial starting this year to test a groundbreaking new drug in the treatment of Huntington's disease. CONTRIBUTED

STUDY

Wealthy young reject driving

Car-free lifestyles are affecting the luxury home market in Vancouver, where even the richest millennials want to live near transit, according to a Sotheby's International Realty Canada report released Wednesday.

Despite their wealth, affluent young buyers are less likely to own cars and are attracted to walkable areas, a trend that's pushing wealthy buyers east, according to the report.

"The idea of being close to transit and close to bike routes is actually very important," Sotheby's Canada president Ross McCredie said.

Main Street, Mount Pleasant and Gastown appeal most to this demographic.

"The trendy neighbourhood is definitely east of Main.... People are looking for a lively community with a mixed demographic," McCredie said, adding this applies even to those who can afford the west side.

But millennials who steer clear of areas where their parents live aren't cutting ties with their families. More than 70 per cent of these buyers rely on family wealth to purchase a property, compared to 60 per cent in Montreal and 50 per cent in Toronto, according to the report.

"In Vancouver, the days of being a young person and buying real estate without help are gone," McCredie said.

EMILY JACKSON/METRO

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Prime Minister Stephen Harper looks through a movie camera prior to making an announcement on grants for students during a visit to a school in North Vancouver Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Harper expands plan for student grants

POST-SECONDARY

Courses that last 34 weeks or more are now included

Neal Hall
For Metro | Vancouver

Prime Minister Stephen Harper made a pre-budget spending announcement in North Vancouver on Tuesday, expanding the student grant program for post-secondary training for courses lasting 34 weeks or more.

The grant program, which offers $250 a month for studies and doesn't have to be paid back, was first introduced in 2009 by the Conservative government.

But to qualify for the grant, students had to take courses lasting almost a year.

Harper said the government wanted to increase access to a wider range of post-secondary training courses and open the door to well-paying jobs for more Canadians.

The change to the student grant program is expected to aid about 42,000 additional students a year, including an estimated 22,000 students at private career colleges.

The announcement is the first of modest spending programs that will be in the federal budget when it is tabled April 21, the prime minister said.

"And that budget will be balanced," Harper said, to polite applause from the audience of high school students, university administrators and construction workers wearing hard hats.

$250

Grant amount per month available to qualified post-secondary students in courses of 34 weeks or more.

The announcement was made in the gym of Seycove Secondary school, located in the waterfront community of Deep Cove in North Vancouver.

Security was heavy for the appearance by the prime minister, with uniformed police outside the school and plain-clothes police wearing suits inside the school.

Police also kept about two dozen people off the school grounds who were protesting policies of the Harper government — the anti-terrorism Bill C-51 and expanding the Kinder Morgan pipeline through B.C.

After making the announcement, Harper took a few questions from the media.

Harper was asked if he was concerned he would be called as a witness at the trial of suspended Conservative senator Mike Duffy, which began Tuesday

"Investigators looked at this and affirmed what I said — I have no knowledge of these things. I will not be called as a witness," the prime minister said.

AUNT CONVICTED

Baby had superglue poured into his ear

A bizarre case of deceit, jealousy and the cultural pressures of conceiving male offspring has landed a woman in jail, police say.

A woman has been convicted of aggravated assault for pouring superglue into the ears of her seven-week-old nephew, police said Tuesday.

"It's hard to wrap your head around it if you're a parent," said acting Cpl. Dennis Hwang of the Richmond RCMP.

In February 2013, the baby's parents took him to the hospital because he wouldn't stop crying.

A doctor found a hardened, plastic-like substance blocking both ear canals.

Painstaking surgery was needed to remove what was later determined to be superglue, police said.

The RCMP were called and began their investigation when it was determined the glue didn't get there by accident.

In December 2014, the infant's aunt, Chinese national Wei Wang, 30, was convicted of one count of aggravated assault in Richmond provincial court. Police only revealed details of the case and conviction on Tuesday.

She was sentenced to four months in jail and two months of probation.

Media reports from the time of the original allegations said family members of the child told police that the woman was worried she would lose out on a family inheritance because she had no sons.

Hwang said that in some Asian cultures the combination of government policy and cultural ideas means male babies are valued more highly than females.

Wang has two daughters.

THE CANADIAN PRESS

HEALTH

Dentists offer free cancer screenings

Metro Vancouver dentists are teaming up with several local pharmacies to offer free oral cancer screening clinics, starting next week.

The pilot program will have dentists on site at some London Drugs locations to examine patients for oral cancers and other tissue abnormalities.

Dentists will use a VELscope, a device developed by BC Cancer Agency researchers, which can painlessly screen for mouth lesions in only a few minutes.

Dr. Samson Ng, an oral medicine specialist and clinical assistant professor at UBC's faculty of dentistry, said the program has the potential to improve rates of early diagnosis of oral cancer.

"The key for us is to identify oral pre-cancerous lesions early, and early enough that we can do something about it so that patients will not put themselves at risk," said Ng.

Visit www.londondrugs.com/oralscreening for clinic locations.

THANDI FLETCHER/METRO

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‘Not guilty, Your Honour’

EXPENSE SCANDAL

Trial starts for suspended senator Mike Duffy

Attending a friend’s funeral; taking a shopping trip to buy a puppy; making sure he was on hand for the birth of his grandchild:

There was nothing wrong with Mike Duffy doing any of those things — except for one major problem, the crown argued Tuesday during the opening act of the year’s most eagerly awaited political legal drama.

“He bills it back to the Senate,” deputy Crown attorney Mark Holmes said as he kicked off the case against Duffy, the television personality-turned-Conservative-senator whose disputed expense claims have rocked the government.

The suspended senator, who faces 31 counts of fraud, breach of trust and bribery, delivered his plea after the court clerk read the charges into the record.

“I am not guilty, Your Honour,” Duffy, clad in a dark suit adorned with a white pocket square, told Ontario Justice Charles Vaillancourt in a clear, steady voice.

Over the course of 40 minutes, Holmes laid out why the prosecution believes Duffy is, in fact, guilty of defrauding the public purse by deliberately manipulating the financial policies of the Senate in order to charge taxpayers for personal business, or else simply hiding his activities from Senate scrutiny.

“There is something more fundamental at play and I think it can be reduced to two propositions,” Holmes said. “One, you can’t steal from your employer; and two, you can’t abuse your position of authority to unjustly enrich yourself.”

The Crown intends to prove, Holmes said, that in a number of instances where Duffy filed expenses on the grounds he was conducting Senate business, he was actually on a trip for personal reasons. Those travel expenses were just one of four different chapters of charges laid out by the Crown.

Holmes also laid out the Crown’s case with regard to $82,000 worth of living expenses Duffy filed for a secondary residence in the national capital region, the issue that first sparked the Senate scandal back in late 2012.

Duffy declared in Senate paperwork that his primary residence was in Prince Edward Island, the province for which he was appointed to serve by Prime Minister Stephen Harper.

The problem with that, Holmes said, is that Duffy didn’t really live in P.E.I. — at least not by any “common-sense” interpretation of what “primary residence” means. Instead, Duffy lived in the same home in Kanata, Ont., outside Ottawa, that he and his wife had owned for five years prior to his appointment.

Duffy’s lawyer Donald Bayne did his best to refute Holmes, saying any notion of “common sense” has no application when it comes to interpreting the Senate’s rules and statutes — none of which his client violated.

The trial will provide Duffy a chance to clear his name, but there is more at stake than his reputation. While police investigators have raised questions about the former broadcaster’s living and travel expense claims while he was a sitting senator, the credibility of the Conservative Party of Canada and some key players in the Prime Minister’s Office is also likely to be dragged into the spotlight.

At the centre of the bribery allegation is Nigel Wright, Prime Minister Stephen Harper’s former chief of staff. Wright resigned after a media report revealed he provided a $90,000 cheque used to repay the living expenses that Duffy had claimed since being appointed by Harper.

However, the Mounties have said there was no evidence to support criminal charges against Wright. THE CANADIAN PRESS

Suspended senator Mike Duffy enters a car on Tuesday as he leaves the first day of his trial in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

+ TRIAL

Duffy’s trial is currently scheduled to last more than 40 days.

DUFFY: DAY 1

THE ALLEGED EXPENSES

- Hair & makeup $300
- Speaking trip $3K
- Trip to see daughter’s play $8K

PLUS Puppy scouting (price unknown)

> **I have no knowledge of these things. I will not be called as a witness.**
> PM Stephen Harper

> **One, you can’t steal from your employer; and two, you can’t abuse your position of authority to unjustly enrich yourself.**
> Deputy Crown attorney Mark Holmes

> **We have offered the Crown every possible assistance in their case against Mr. Duffy.**
> Prime Minister Harper

> **Sen. Duffy is probably ineligible to sit in the Senate as a representative of Prince Edward Island.**
> Mark Holmes

> **What does that mean to the average Canadian? They don’t really care? Are we that complacent?**
> Fred Trembinski, from Timmins, Ont., after emerging from half-empty room for spectators

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HEALTH

Blood transfusion gives boy temporary food allergies

A boy being treated for brain cancer at Toronto's Hospital for Sick Children got more than he bargained for when he was given blood transfusions, a new report in a medical journal reveals.

The unidentified boy developed temporary food allergies after receiving a range of blood products.

Doctors at the hospital suspected he had been sensitized to the foods through the blood transfusions. A trace back of the blood products revealed that one of the donors had severe allergies to peanuts, tree nuts, shellfish and other fish.

The boy had no known allergies before receiving the blood transfusions. But a skin scratch test revealed he reacted to the same foods as his blood donor did.

Salmon and a peanut butter cup are what sent him to hospital.

"His parents were very surprised because they could give a very clear history of repeatedly and commonly eating fish and peanuts. So it was very surprising that he then had these reactions. And it was that history that led us to think about: Could there be an unusual cause here?" said Dr. Julia Upton, an allergist-immunologist at the hospital.

In this case, tests revealed the boy had IgE — an antibody that signals an allergic reaction — in his blood after he reacted to the foods. The theory is he acquired the antibody through the blood transfusion.

The hospital told the boy's parents the IgE would probably clear from his blood over time. And that is what happened. The foods he reacted to have been reintroduced into his diet without further reactions.

Canadian Blood Services said this isn't the first time this phenomenon has been seen. In fact, the first known case was reported in 1919.

But such events are rare and this is only the second in Canada in the past decade, said Dr. Mindy Goldman, the agency's medical director.

The individual whose blood donation seems to have triggered the boy's temporary food allergies has been asked not to give blood in future. But the blood agency does not routinely ask people with food or drug allergies to refrain from donating blood, nor is it considering doing so, Goldman said.

THE CANADIAN PRESS

Paige Beaudry of Dartmouth, N.S., sustained burns to the face after being assaulted by a woman with a hot slice of pizza. JEFF HARPER/METRO IN HALIFAX

Burned by pizza, victim speaks up

CRIME

Nova Scotia woman says she did not provoke attack

Julia Manoukian
for Metro | Halifax

When Paige Beaudry went out for a late-night slice with her boyfriend, the last thing she expected was to have smouldering-hot pizza smeared in her face.

The 22-year-old Dartmouth, N.S., woman was visiting her parents in Truro, N.S., for Easter weekend. After going out to a popular local pub, the Engine Room, the two headed out for pizza around 2:15 a.m.

"We were waiting in line, maybe 10 to 15 minutes, and there were these three girls in front of me. I noticed them at the Engine Room."

"This gentleman comes up, and I don't think he knew them, but he was trying to pick up the brunette in the group (at the Engine Room) … he was trying to butt in line, and I was like, 'Dude, we've been waiting here,'" said Beaudry from her living room in Dartmouth on Tuesday morning, her face and neck covered with scabbing burns.

Beaudry was quick to point out she wasn't overly rude in telling the man to go to the back of the line.

"The girl in front of me said, 'Oh, he's with me, do you have a problem with that?' I just said, 'If you're going to butt, whatever, I don't want a huge scene.' And then the girl with the pizza said, 'What did you say? Do you want this piece of pizza in your face?,' she recalled.

"I just said nothing and kept looking straight," Beaudry then added. "And she just came across and smushed me with this pizza that literally just came out of the oven. It was steaming hot."

The large slice, fresh out of the oven at about 300 C, ruined all of the clothes she was wearing, including her jacket, which Beaudry said was pretty expensive.

At the hospital, she said doctors helped soak her face in saline to try and take the heat out. She's still waiting to hear back from a plastic surgeon on the severity of her burns.

BACKGROUND

Three women turned themselves in to police Monday

A 29-year-old woman is being charged with assault causing bodily harm in connection with the incident.

METRO IN HALIFAX

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Members of the Secret Service stand on Pennsylvania Avenue outside the White House in Washington on Tuesday. The White House, State Department and Capitol buildings were all affected Tuesday by power outages in Washington and its suburbs.
SUSAN WALSH/THE ASSOCIATED PRESS

Power-plant problem causes outages in D.C.

WHITE HOUSE

Terrorism not suspected

Problems at a Maryland electrical station caused widespread power outages across the nation's capital Tuesday, affecting the White House, the Capitol, museums, train stations and other sites.

Many of the outages were brief, but some were longer and forced evacuations. Officials said a mechanical failure at a transfer station led to the outages, and terrorism was not suspected. Tens of thousands of customers lost power.

At the White House, the interruption lasted only a few seconds before backup generators kicked in. The complex quickly went back onto regular power. Electricity in the press briefing room dipped around lunchtime, briefly darkening cubicles and blackening TV screens.

White House spokesman Josh Earnest said he was with President Barack Obama in the Oval Office when the power blip occurred, and they didn't notice anything unusual.

Power also went out at the State Department during the daily media briefing, forcing spokeswoman Marie Harf to finish her comments in the dark.

Power in the U.S. Capitol building twice shut down briefly, and then came back on by way of a generator.

The mechanical failure occurred shortly before 1 p.m. at a transfer station some 56 kilometres southeast of Washington in Charles County, Maryland, that is controlled by utilities serving Washington and southern Maryland. Homeland security officials in Washington and Maryland said there was an explosion at the station, although the two utilities, Pepco and the Southern Maryland Electric Cooperative, could not confirm immediately that there was a blast or fire. No one was injured, the utilities said.

THE ASSOCIATED PRESS

BACKGROUND

Some traffic lights were out, and Metro said 14 of 91 public transit stations were affected. Some Smithsonian museums also lost power, were evacuated and closed to the public, including the popular National Air and Space Museum and the National Portrait Gallery.

IN BRIEF

Jurors deliberate charges against marathon bomber

Jurors in the federal death-penalty trial of Boston Marathon bomber Dzhokhar Tsarnaev began deliberations Tuesday, a day after both prosecutors and his lawyers told them Tsarnaev must be held accountable for participating in the terror attack.

The April 15, 2013, tragedy killed three and wounded more than 260.

THE ASSOCIATED PRESS

Kansas governor signs nation's first abortion ban

Republican Gov. Sam Brownback has signed legislation making Kansas the first state to ban a common second-trimester abortion procedure that critics describe as dismembering a fetus.

Brownback signed the measure Tuesday.

The new law, which takes effect July 1, bans the dilation and evacuation procedure.

THE ASSOCIATED PRESS

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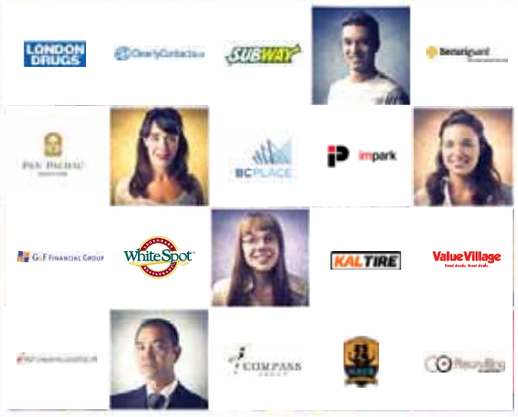

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Bell bends to tracking rules

TARGETED ADVERTISING

Telecom giant agrees to ask customers for permission

Bell Canada has reversed its position and will seek customer consent before tracking their Internet, TV and phone call use in order to deliver targeted online advertising.

After insisting for more than a year that customers can end such tracking by opting out, the telecommunications giant made an about-face Tuesday, hours after the privacy commissioner issued a report urging a change in approach.

"Bell will abide by the privacy commission's decision, including the opt-in approach," Bell said in an email. "We're dedicated to protecting customer privacy and thank the commission for clarifying the rules."

However, Bell said, the rules must apply not only to Canadian companies but also to international companies operating in Canada like Facebook and Google "to ensure a fair and competitive marketplace."

Privacy commissioner Daniel Therrien urged Bell to review its approach after releasing the results of an investigation spurred on by an "unprecedented" 170 privacy complaints.

It determined Bell shouldn't assume that customers are consenting to have vast amounts of their personal information tracked and used for targeted advertising.

Bell had agreed to make some changes to address privacy concerns, but refused until Tuesday to accept a key recommendation requiring it to obtain express consent from customers.

> **We're dedicated to protecting customer privacy and thank the commission for clarifying the rules**
>
> Bell Canada, in an email

Bell has said customers supported its approach of putting the onus on them to opt out of the program.

However, an expert hired by the commissioner found the survey used by Bell to gauge customer views was complex and couldn't be supported scientifically. Yet it also found that more than one-third of its customers — some two million people — were not comfortable with Bell's approach.

THE CANADIAN PRESS

IN BRIEF

Shorter courses eligible for student loans in 2016

Prime Minister Stephen Harper has announced a change to the student loan program, allowing people to apply for financial assistance for courses lasting a minimum of 34 weeks, instead of the current 60 weeks.

The new Canada Student Grants program is slated to begin in 2016. People returning to the work force can also consider careers that require less than a year's training.

THE CANADIAN PRESS

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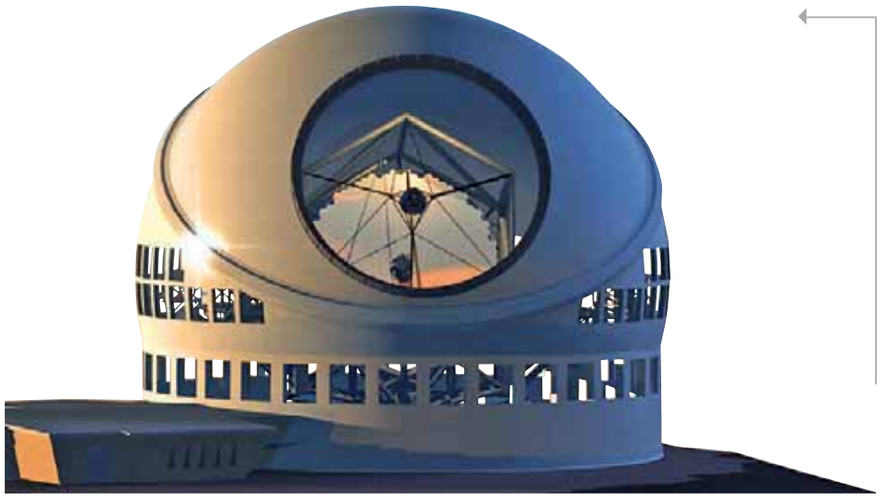
metro VIEWS
Your essential daily news
Wednesday, A 15

THE BIG THING: THE $1.5 BILLION TELESCOPE

Canadian companies will play a significant role in constructing what's billed as the most powerful optical telescope on Earth. Prime Minister Stephen Harper says Canada will provide up to $243.5 million over 10 years for the Thirty Meter Telescope project, scheduled to be ready in about 2023. THE CANADIAN PRESS



1. Can Con
When completed, the Thirty Meter Telescope will be in an observatory inside a Canadian-built enclosure 22 storeys tall with a primary mirror 30 metres across. While the telescope will be located at the summit of Hawaii's Mauna Kea volcano, Harper said most of Canada's contribution will be spent in this country.

2. Teammates
Japan, China, India and the United States are also part of the project. Harper said by contributing to the project, Canada will secure a viewing share for Canadian researchers once the telescope is operational.

3. Looking into the past
Researchers hope to use the telescope to look at planets outside of our solar system and watch new stars form. The telescope should be able see 13 billion light years away, allowing scientists to catch sight of the universe's early years.

4. The competition
The Thirty Meter Telescope probably won't be the biggest for long. The aptly named European Extremely Large Telescope, which a group of European countries are planning to build, will have a mirror that is 39 metres in diameter.

Canada needs to get ready for climate-change refugees

THE SCIENCE
Stephanie Orford

What happens when the most crowded places in the world are displaced by climate change?

Canada could become a refuge for those fleeing their homes in search of greener pastures. What can we do? Be ready for an influx of climate refugees.

The world's first official climate refugee is now making his case against deportation from New Zealand to his former home on the Central Pacific atolls of Kiribati, where climate change is wreaking havoc, threatening to put the country underwater. There will be many more climate refugees to come.

Jerry Brown, the governor of California, ordered a statewide 25 per cent reduction in water consumption on April 1.

As water levels fall in the state for the fourth straight year in rivers, streams and reservoirs, water becomes scarcer for industrial processes, farming and drinking for California's population of 38 million.

What's happening in California reflects the impacts of climate change on environments, economies and societies around the world.

Rising sea levels alone are projected to displace potentially millions of people.

The island of Tuvalu is forecast to be swallowed up by the South Pacific by the end of this century. The Maldives and other low-lying archipelagos face a similar fate.

According to a report by the Internal Displacement Monitoring Centre, natural disasters displaced 22 million people in 2013 and the International Organization for Migration estimates 200 million will be displaced worldwide by 2050. The countries that will be most affected are those that suffer from poverty and conflict, according to Refugees International.

Where are their residents going to go? Canada may be one attractive option.

Partly because our government is better equipped to respond to natural disasters, and partly because Canada's temperate climate gives us a greater buffer against extreme temperatures compared to equatorial climes, Canada may be hit less fiercely than developing countries by climate change. Last November, the Canadian Centre for Policy Alternatives proposed a new "climate migrants" immigration class to help Canada navigate the coming influx.

Canadian cities need to find ways of becoming denser while maintaining high quality of life for residents, including water and air quality, green space and public transportation.

Let's do Canadians of the future a favour and create a climate refugee strategy now. We must look ahead to the big picture rather than simply react to each wave of refugees climate change brings across the border.

Putting the policies in place to become a responsible climate refuge is one sea change we need to make.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metro*view*

It can feel good to ridicule, but the hurt we cause is real

Mike Duffy, Kim and Kanye, new Daily Show host Trevor Noah: We're never short of targets for public ridicule.

I've jeered at Rob Ford on Facebook, and I follow his parody Twitter account.

That only makes me human. And humanly cruel.

"It feels good, for some reason, for too many people, to be mean," Tracy Vaillancourt tells me. She's a leading anti-bullying researcher and Canada Research Chair in children's mental health and violence prevention at the University of Ottawa.

Some anthropologists say bullying is biological. Other research suggests we rationalize our meanness by downplaying the impact and our own role, or that we blame the victim or dehumanize them.

It's a twisted little pleasure that seems victimless, but we forget that on the other side of cruelty there are people like Dr. Fredric Brandt.

The so-called Baron of Botox, dermatologist to the rich and famous, committed suicide in Miami on the weekend, after reportedly suffering from depression.

Media quickly reported that Brandt had been upset by Martin Short's flamboyant portrayal of a dermatologist on the Netflix show Unbreakable Kimmy Schmidt — which bore resemblance to the uniquely featured Brandt.

His publicist Jacquie Tractenberg told the Miami Herald that he did not commit suicide because of the show, but "the show didn't help. It was mean. He felt bullied. It was mean-spirited picking at the way he looked for no reason at all."

Brandt's face was one of his own creations. A New York Times profile describes his face as so sleekly manufactured it appeared "a mask of serene immobility" and so pale it had a "lunar aspect."

His story reminds me of the ridicule of Joan Rivers. Except, while she lived in the spotlight, he helped others to look better under it. He became famous incidentally.

Does that make it OK to laugh, literally, at his face? Was it okay with Joan Rivers?

In Monica Lewinsky's recent phoenix-like return to the public eye, she's underlined how the media and public diminished her into a power-hungry slut. "It was easy to forget," she said during her TED Talk, "that 'that woman' was dimensional, had a soul, and was once unbroken."

"There's this saying: 'Is cruelty committed by the cruel at heart?' I don't think that's the case," Vaillancourt told me.

So it's not that we're bad people, but we are behaving badly, and, it would seem, feeling good doing it.

Let's just not pretend that no one's getting hurt.

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PHILOSOPHER CAT
by Jason Logan

Matcha mania is in full swing

GREEN INVASION

The finely ground tea is finding its way into all kinds of Western cuisine

More than a thousand years ago, Buddhist monks in Japan began a daily ritual of grinding green tea leaves into powder, mixing it into hot water with a bamboo whisk, then sharing the tea from a single cup.

Today in North America, matcha is considerably less monastic. The finely ground green tea is experiencing a North American renaissance, with specialty matcha tea bars popping up from coast to coast and industry giants like specialty tea retailer Teavana adding it to their product lineup. Chefs are mixing matcha with grains, using it in toppings for Bundt cakes, and mixing it into cocktails, adding a punch of opulent green colour along with a cool, mellow taste to playful culinary combinations.

Industry leaders hope matcha one day will become a staple in the American kitchen the same way soy sauce did after the Second World War. They also hope the tea's long and rich culinary history doesn't get dissolved in the process.

Matcha has 10 times the amount of antioxidants as regularly-brewed green tea. ISTOCK

"Ideally, people will learn how to prepare tea as well, not just drink it," said Kazumi Nishiguchi, a director at the Chamber of Kyoto Prefecture Tea Public Interest Incorporated Association. "We need to export the culture, too. And it's important that it be done right."

Matcha was first consumed during China's Tsang dynasty and later was brought to Japan by priests and monks. After a bloody war with the Mongols, tea ceremonies in China came to a halt but continued to flourish across the East China Sea in Japan. The Japanese developed intricate tea ceremonies combining prayer and meditation and perfected the process for making matcha: Tea plants were covered with a shade cloth two to four weeks before harvest, when the leaves contain the most chlorophyll and nutrients, then plucked. Monks praised matcha for its calming effect.

Now more is known about the science behind matcha. Growing tea leaves in the shade boosts their amino acids, and because the entire leaf is consumed, matcha also contains about 10 times as many antioxidants as regularly brewed green tea. It also gives an energy kick, but with less caffeine than coffee.

Matcha likely first entered the North American market through Japanese grocery stores in cities like Los Angeles, which has one of the largest Japanese populations outside Japan.

Some of the biggest matcha producers are reporting big U.S. sales growth. DoMatcha, sold at Whole Foods and specialty stores, has seen an annual spike in sales of 30 per cent, while Ippodo has seen growth of 20 to 25 per cent in recent years and opened its first brick-and-mortar store outside Japan in New York City in 2013. Chains like Starbucks now offer green tea lattes with matcha, and Teavana sells a bamboo whisking set.

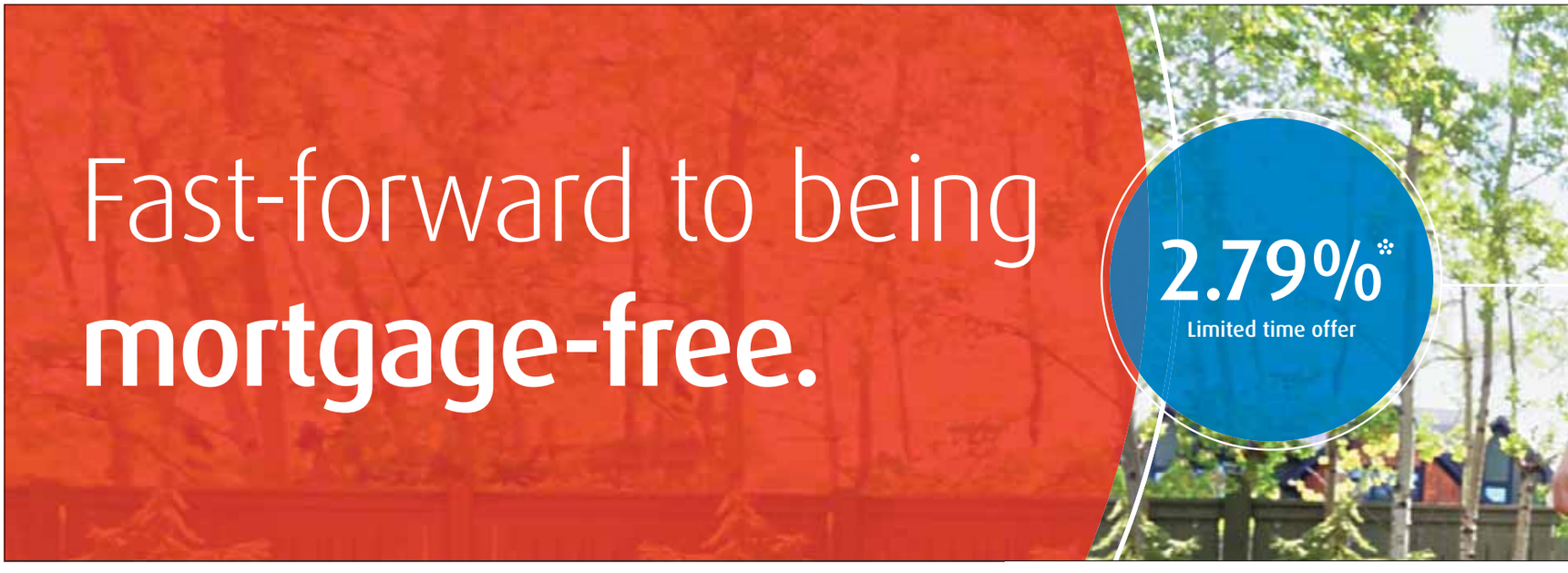
THE ASSOCIATED PRESS

BACKGROUND

Matcha's evolution

GETTY IMAGES

The uptick in demand for matcha is having a spillover effect in Japan, where production of tencha, the raw green leaves that are ground into the powder known as matcha, has doubled in Kyoto prefecture during the last 10 years, rising from 564 tons in 2003 to more than 1,163 tons in 2013. Though the leaves were once picked by hand, technology has paved the way for mass production. Specialized machines pluck the top leaves from tea shrubs and remove the veins and stems before the remnants are ground with granite stone and sealed in tin cans.



HEALTHY EATING

Kimchee packs a punch for your plate

WORD OF MOUTH

Theresa Albert

myfriendinfood.com

If there isn't a jar of kimchee in your fridge, you are missing out on health and heat. This condiment hits all the high notes on its climb to the top of the foodie lists.

Fermented foods enhance healthy gut bacteria, spicy foods boost your metabolism, and garlic boasts potent antibacterial, antifungal properties. Kimchee is an ancient combo of cabbage, vinegar, garlic and hot peppers that is traditionally sealed and buried in the ground to ferment, though now you can just go to the grocery store to buy jars of it. Whew!

Think of it as part pickle, part ketchup, part recipe ingredient.

Here is how to use it:

- Stir into scrambled eggs
- Spoon into grilled cheese
- Use to top frozen pizza
- Stir into a boring soup to jazz it up
- Scare away vampires with the garlic breath
- Use on burgers or hot-dogs
- Scoop into a blender with Greek yogurt for a dip or spread in place of mayo

Warning: If you have a job interview tomorrow, don't make today the day you try. One of three things could happen: the cabbage could give you rumbly tummy, the garlic could make you repellent or the spice could get you in the end. But it is delicious! Really!

Theresa Albert is an on-camera food and health expert, nutritionist and writer.

Like many fermented foods, kimchee is full of healthy properties. ISTOCK

MasterChefs awaken the rebel and demon within

R&D RESTAURANT

Alvin Leung and newcomer Eric Chong collaborate on new venture

MasterChef Canada judge Alvin Leung knew the reality show's Season 1 winner Eric Chong had enough culinary talent to make it in the restaurant business, but he wasn't sure about his work ethic.

So Leung put him to the test in Asia.

"I wanted to see whether or not he was hardworking, whether or not he had the drive, the hunger," said Leung, a Michelin-starred chef with restaurants in Hong Kong and London.

"In working with him for a couple of weeks (in Hong Kong) I found out he had."

Leung, 54, was convinced enough to go into business with Chong, 23, and the two opened the doors to R&D Restaurant on Tuesday in Toronto's Chinatown.

The name is a nod to Chong and Leung's "rebel and demon" personas and refers to their engineering backgrounds, referencing the term "research and development."

Leung is nicknamed the Demon Chef, and has invented his own cuisine he calls X-Treme Chinese.

"Well, you know, Eric, he's a rebel himself," said Leung, who holds three Michelin stars at Bo Innovation in Hong Kong and one Michelin star at Bo London. "The family was very against him doing cooking. He has a degree in engineering. I have a degree in engineering. It wasn't meant for him to follow this path. He went against his family wishes. Now I think his family is over the moon. He won (MasterChef Canada). And he's doing something he likes to do."

Large murals in the dining space feature Chinese-inspired street art and their menu is a tribute to Canada's cultural mix. Chong will work as a sous chef under executive chef Nelson Tsai.

"Eric is young. He has to earn," said Leung, who was raised in Toronto.

"You really need to earn your stars or earn your stripes and he has to do that. So he's not going in as executive chef. He hasn't earned it yet. But he will. Eventually he will.

"We both grew up in Canada," said Leung. "Eric grew up in a much different era. I grew up when the Leafs were winning. He grew up when the Leafs were losing and I'm sure (when he has) his children, the Leafs will still be losing.

"There are dishes there, like chop suey, he doesn't know of because that was more my era, but chicken and waffle, which I know nothing about. So he has his input, I have my input."

Chong, who packed in his engineering job to practise for MasterChef Canada once he knew he'd made it into the top 50 contenders, said those skills help him with cooking.

"Being an engineer helps you think logistically and efficiently and that always helps me in the kitchen, helps me plan out my steps, work efficiently, work fast and it helped us create the menu.

"We always thought of the logistics before actually coming up with a dish," Chong said, adding he and Leung broke down the recipes for each dish to the gram and made detailed notes on steps and equipment so that all chefs in the restaurant will be able to recreate each dish exactly.

Being on MasterChef Canada "was definitely the most beneficial thing I've ever done in my life. It got me to where I am now," he added.

THE CANADIAN PRESS

Eric Chong, Alvin Leung and Nelson Tsai. CINDY LA/THE CANADIAN PRESS

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ITALY

Gawk at George at your own risk

Linger too long near George Clooney's Italian villa in hopes of catching a glimpse of the actor-director and his new bride Amal and you may pay dearly.

The town of Laglio, where Clooney bought an 18th-century mansion with private dock on Lake Como a dozen years ago, has hiked fines for those who create "problems of public order" when gathering to gawk on the main road behind the villa or approach by boat closer than 100 metres offshore.

Mayor Roberto Pozzi said by phone Tuesday that he signed ordinances last week introducing fines as stiff as 500 euros ($680), five times higher than before.

The twin-ordinances — one to discourage land-based out-of-town gawkers, the other for boat-based voyeurs — run through the end of September, covering the spring-summer period when Clooney usually stays in Laglio.

THE ASSOCIATED PRESS

Lorde and Taylor still going strong

BFFS

Feuding? More like FaceTime, says Swift

Ned Ehrbar
In Hollywood

Reports of Taylor Swift and Lorde deep-sixing their BFF status have been greatly exaggerated, according to no less than Swift herself.

When media speculation started swirling that the two were at odds over not being able to agree on a duet to record, Swift took to Twitter to put the naysayers in their place. "Media, when you say, 'Lorde and Taylor are fighting,' by fighting do you mean 'FaceTiming constantly from (the) U.S. to (New Zealand) and LOLing at you?" So that settles it, I guess. No need to worry, everybody. Also, what's the female equivalent of a bromance? I feel like we should have a word for that. Any suggestions?

Don't worry, Lorde and Taylor Swift haven't called it quits on their friendship. They're just LOLing at you. GETTY IMAGES

SHOW EXIT

Nina Dobrev exiting The Vampire Diaries

Nina Dobrev is leaving The Vampire Diaries.

The Toronto-bred actress announced the news on Instagram, saying she always "wanted Elena's story to be a six-season adventure."

Dobrev, whose film credits include The Perks of Being a Wallflower, Chloe, Fugitive Pieces and Away From Her, said she was moving "on to the next chapter" of her life.

While on the show, she earned two Teen Choice Awards for tackling a double role as Elena Gilbert, a young girl caught between two vampire brothers, and as Katherine Pierce, a vampire the brothers knew in the 19th century.

Dobrev joined the CW/CTV Two show from Degrassi: The Next Generation.

Dobrev thanked fans for their "love, support and passion."

"I was a human, a vampire, a doppelganger, a crazy immortal, a doppelganger pretending to be human, a human pretending to be a doppelganger. I got kidnapped, killed, resurrected, tortured, cursed, body-snatched, was dead and undead, and there's still so much more to come before the season finale in May," Dobrev said in a post Monday night.

THE CANADIAN PRESS

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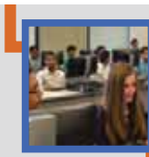
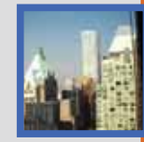
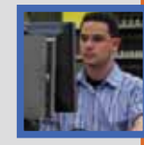

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Charlie Cox dares to be different in new role

NEW SERIES

Netflix puts a gritty spin on iconic character Daredevil

Lisa Weidenfeld
Metro | New York

Charlie Cox and Rosario Dawson star in Netflix's Daredevil. BARRY WETCHER/NETFLIX

If your only exposure to the Daredevil comic book character is the much-maligned Ben Affleck movie, get ready for a change: Netflix's new Daredevil series, premiering Friday, is bringing a new look to the character.

As played by Brit Charlie Cox, the character doesn't yet have his trademark horned outfit, and is something of a gritty street fighter. We checked in with Cox about what it's like taking on an iconic character and if he can actually see through that hood.

What do you think sets Daredevil apart from other superheroes?
The great thing about the Daredevil character is that he doesn't have any superpowers so they ground him in reality. One thing that I found quite enjoyable about playing this character is if he gets hit, he bleeds, if he gets cut, he bleeds, and he doesn't have unbreakable skin, or there isn't any ambiguity about whether you can kill him or not. If you shoot him, he dies, you know? And he's learned to live with this secret, which marks itself as a disability, but it isn't actually a hindrance. He's able to access it and use it in a way so that he can operate better than a seeing person.

How good is the visibility in the hood they have you wear?
It depends — you know, in broad daylight it's pretty good, you can see almost everything through it. Obviously a lot of the occupational hazard of a hooded superhero is that you go out at nighttime (laughs). So the visibility isn't quite as good, but you adapt to it.

Will we see the more iconic Daredevil costume this season?
You'll see it in the first season. Unfortunately I can't tell you when, but there will be an evolution from that early costume into something that is more recognizable to the traditional Daredevil costume.

And for fans of the comic, which ones did you draw the most inspiration from?
There's a number of series called the Bendis Maleev (Brian Michael Bendis & Alex Maleev) series, and, you know, they did a bunch of stuff in the '90s and the early 2000s and tonally and thematically, they were very in keeping with the scripts that I had read for the first few episodes. They painted a very grey, dark world. The lines between good and evil and right and wrong are very blurry, and we meet a Matt Murdoch and a Daredevil who dances on both sides of those lines, so it was very compelling to read and felt very realistic and truthful and gritty, and so those are the ones I focused on the most. But one of the things I was told very early on is that the show is quite heavily influenced by Frank Miller's Man Without Fear, so I read all that stuff as well.

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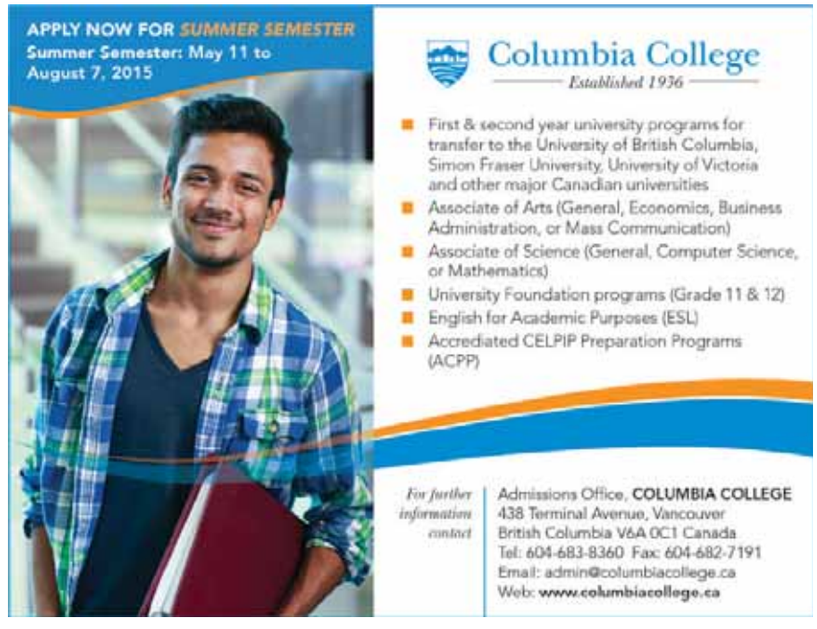

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Whitehorse tour a family affair

Luke Doucet and Melissa McClelland of Whitehorse. The band plays the Commodore Ballroom on Thursday. GETTY IMAGES

NEW ALBUM

Roots rock couple hits the road with their baby on board

Eva Lam
Metro | Toronto

It's been a year of firsts for Toronto duo Whitehorse. Not only did Luke Doucet and Melissa McClelland recruit outside producers for the first time on their new album, Leave No Bridge Unburned, but a recent run of U.S. shows also marked the inaugural tour for the husband-and-wife roots rockers' eight-month-old baby, Jimmy.

So how's it shaping up compared to previous tours?

"Less sleep," said McClelland with a laugh on the phone en route from Seattle to Vancouver, where the band had a few days off before launching their Canadian dates on Wednesday.

The pair are veterans of the road, both from their time as solo acts (they met when Doucet worked as a producer on McClelland's 2004 album Stranded in Suburbia) and after forming Whitehorse in 2010. The band's live shows are a showcase for Doucet and McClelland's undeniable chemistry, as moments shift from the intimacy of the two singing into a single microphone with just two guitars to a flurry of movement on the stage.

"It's just the two of us — we use a looping pedal and about a million instruments that we're jumping around, switching up guitars, and Luke's on drum kit," says McClelland. "The songs from the record, we really have to kind of re-imagine them, so we're always surprised by which songs we end up loving playing live."

> **We're always surprised by which songs we end up loving playing live.** Melissa McClelland of Whitehorse

For Whitehorse's second LP, they brought in producer Gus Van Go — whom Doucet met at the 2013 Polaris awards — and his partner Werner F.

McClelland says the way the producers approached the recording of the drums laid the groundwork for the sound of Leave No Bridge Unburned.

"(They) really had specific arrangements and parts in mind. The first couple of days in studio were intense because they were working really, really hard to get exactly what they wanted," she said. "And then to our relief, after that they took a different approach with our vocals and guitar parts — they wanted those things to be loose and easy and inspired. So I think because they took so much time on the drums, it just immediately created this kind of big sound on the record. And it was really exciting for us to hear and I think it got some good performances out of us for vocals and guitars."

The result is an album that plays on themes of the urban-suburban divide and adventurous love, from the propulsive Bo Diddley beat of hit radio single Downtown to the western twang-meets-'60s blues vibe of Sweet Disaster.

"We've been told that our record is almost like a map, that you're kind of travelling through these different places," said McClelland.

"We're so transient. We're always in a place no more than 24 hours before we're moving on to the next place — we spend a lot of time in rural areas and big cities and small towns, and it's really interesting to see the differences between those places, and the similarities. And it's fun to imagine stories and characters and have those places exist in our minds."

With the latest tour even more of a family affair than usual — Doucet's 18-year-old daughter Chloe is helping out with baby Jimmy — it's opening a new chapter of stories for the band.

"I find it almost makes us appreciate the road a little more," McClelland says. "We're really engaging in our surroundings. When we get to a city, we're not just vegging out in the hotel room — we're actually going for walks and checking things out, saying hello to people. I've really been enjoying seeing the road through Jimmy's eyes."

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Concept tires hint at future Page 16

A nimble car that's fun to drive

REVIEW

The Chevrolet Malibu is a solid commuter car with a few extras

Jil McIntosh
For Metro

While it isn't the most stylish in the midsize-sedan market, the Chevrolet Malibu may surprise you with a far better driving performance than you might expect.

An all-new, next-generation version will be coming out for 2016, but I was impressed overall with my 2015 tester.

Two engines are available, starting with a 2.5-litre four-cylinder that's standard in all trim levels.

You can also opt for a turbocharged 2.0-litre four-cylinder engine in the two upper trim levels, which is how my top-line LTZ tester was equipped. Mine was also further optioned with in-dash navigation.

The differences in the two engines aren't just in their horsepower, but also in a start-stop system that's included with the 2.5-litre — but not the turbo engine.

This technology shuts off the engine at idle, such as when you're stopped at a light, to save fuel and cut down on emissions.

The lights, climate control and other features continue to operate, and the engine automatically restarts instantly once you take your foot off the brake.

The 2.0-litre turbo is quick, strong and smooth, and mated exclusively to a six-speed automatic transmission.

The Malibu also handles well, with just the right weight to the steering and a nimble but confident feel.

It's a good everyday commuter car, but it's also fun to drive if you get the chance to push it a little.

That said, the small exterior mirrors don't give you the best visibility, nor does the sharply raked rear window that doesn't provide for much of a view out the back.

The handsome interior uses GM's "twin-cockpit" design, and features simple controls.

There are some small cubbies in the centre console, but for more secure storage, the centre touch screen flips up to reveal a hidden compartment.

Rear-seat passengers enjoy a great deal of legroom, and while you'll have to reach over that tall bumper to stow cargo, the trunk is huge.

The styling is ho-hum, but look below the skin: If you haven't considered the Malibu in this segment, take it for a test drive.

THE CHECKLIST | 2015 CHEVROLET MALIBU

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engines (hp/torque). 2.5-litre I-4 (196); 2.0-litre turbocharged I-4 (259)
Transmission. Six-speed automatic
Price. Base $25,040, as-tested $36,605 (plus destination)

POINTS

- While each trim line moves up successively with standard features, there are also options and option packages available for each.
- The Malibu's brakes use Duralife rotors, which have a special coating that strengthens them and makes them less prone to corrosion.

NOTABLE FEATURES

- Available lane departure and forward collision warning, cross-traffic alert, Wi-Fi hot spot capability, blind spot monitoring system, rearview camera, leather upholstery, premium stereo, and navigation system.

MARKET POSITION

- The Malibu gained a reputation as a rental and fleet vehicle that slid it off the radar with many consumers. A complete redesign in 2013 marked a considerable improvement, while the upcoming 2016 is expected to be roomier and lighter.

THE COMPETITION

Toyota Camry
Base price: $24,100
The 2015 features redesigned styling and improved ride and handling.

Mazda6
Base price: $24,695
Refreshed 2016 is on the market, with choice of manual or automatic transmission.

TRANSPORTATION

Russian superhighway could connect London to New York

Russia has unveiled ambitious plans to build a superhighway that, in theory, could make it possible to drive from London on one end to New York on the other.

According to a report by The Siberian Times, the head of Russian Railways is asking the government to seriously consider his project dubbed the Trans-Eurasian Belt Development, the first modern transportation corridor that would link up the Pacific to the Atlantic Ocean.

Plans call for the construction of a new high-speed railway and the development of major roads that would span the length of Russia, link up with existing transportation networks in Europe and Asia — and cross the Bering Strait.

The network would run about 20,000 kilometres.

The proposal was presented at a meeting of the Russian Academy of Science and was touted not only as a major transportation route, but as a means to create new cities and jobs in parts of Russia and Siberia that are woefully underdeveloped, and experience the hemorrhaging of young talent who leave the region for better opportunities abroad.

20,000 km

The approximate length of the Trans-Eurasian Belt Development project, the proposed modern transportation corridor that would link the Pacific to the Atlantic Ocean.

The new network could also be used to build pipelines for oil and gas as well as infrastructure for electricity and water supplies, said Russian Railways head Vladimir Yakunin.

The lofty proposal, however, comes with an equally sky-high price tag that could be trillions of dollars.

Currently, the longest international route operated by Russian Railways is Moscow to Pyongyang, North Korea, a 10,267-km journey that takes about nine days. AFP

Russian Railways is proposing to build a new train network alongside the Trans-Siberian Railway. SHUTTERSTOCK

Tesla's Model S can go the distance

PLUG-IN ELECTRIC CARS

Tesla takes on range anxiety

The company's Model S is a front-runner in plug-in electric cars with its relative freedom from "range anxiety," at least when equipped with the top-of-the-line 85-kilowatt-hour battery pack in the higher-end versions, writes alternate vehicle website Green Car Reports. Rated by the U.S. Environmental Protection Agency at range of 425 kilometres, it's significantly more than the 100 to 144-km range from less-expensive plug-in electrics.

RUBBER

Concept tires hint at future

Goodyear unveiled two "concept" tires at the recent 2015 Geneva Motor Show that go beyond just providing contact patches with the road. One tire can generate electricity using the heat created by flexing under normal driving conditions. The second is called the Triple Tube, for the three internal tubes that allow it to change shape depending on conditions.

RICHMOND SUBARU

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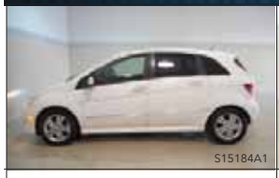
S15184A1

2006 MERCEDES-BENZ B-CLASS

Turbo, automatic, only 135,424km's, leather and cloth seats, automatic climate control, FWD, power group, split folding rear seats.

$94 BIWEEKLY @ 48 MONTHS — SALE PRICE $8,888

S15629A

2010 TOYOTA RAV4

4x4, power moonroof roof rails, split folding rear seats, A/C, power group, CD/MP3/AM/FM, skid plates, power steering.

$179 BIWEEKLY @ 72 MONTHS — SALE PRICE $18,900

S15132A

2008 BMW 335 XI

AWD, air conditioning, telescoping and tilt steering wheel, front and rear A/C, power moonroof, memory seats, leather interior.

$218 BIWEEKLY @ 60 MONTHS — SALE PRICE $22,388

S15562A

2013 INFINITI JX35

Front and rear dual zone A/C, automatic temperature control, power moonroof, heated front seats, reclining 3rd row seat.

$314 BIWEEKLY @ 84 MONTHS — SALE PRICE $41,888

S15350A

2009 HONDA CIVIC LX SR

FWD, A/C, power moonroof, heated and power door mirrors, alloy wheels, power steering, rear window defroster, CD player.

$125 BIWEEKLY @ 60 MONTHS — SALE PRICE $13,888

S15506A

2010 SUBARU LEGACY 3.6 R

Limited package, leather interior, front dual zone A/C, telescoping steering wheel, power moonroof, wireless phone connectivity.

$197 BIWEEKLY @ 72 MONTHS — SALE PRICE $25,998

S15415A

2013 HONDA CIVIC EX

Automatic, black on black, 16" aluminum alloy rims, ABS brakes, fully loaded, power locks, windows & rear view mirrors, power sunroof.

$154 BIWEEKLY @ 84 MONTHS — SALE PRICE $22,998

S15518A

2006 TOYOTA COROLLA CE

FWD, tilt steering wheel, AM/FM radio, CD player, power door mirrors, 4-speed automatic, 15" wheels, power steering.

$122 BIWEEKLY @ 48 MONTHS — SALE PRICE $11,998

S15347A

2004 TOYOTA SIENNA LE

7-passenger, V6 engine, rear A/C, garage door transmitter, tilt and telescoping steering wheel, removable floor console.

$270 BIWEEKLY @ 24 MONTHS — SALE PRICE $13,998

BB3949A

2010 TOYOTA TACOMA V6 SRS

Nothing needs to be said to sell this one, its the SRS of the Tacomas! It will be sold before you get off the couch! Mint condition!
4.0 liter V6 engine equipped with

$240 BIWEEKLY @ 72 MONTHS — SALE PRICE $28,888

S15450A

2010 SUBARU FORESTER 2.5 XT

Limited, AWD, power moonroof, roof rails, air conditioning, tilt and telescoping steering wheel, split folding rear seats, leather interior.

$170 BIWEEKLY @ 72 MONTHS — SALE PRICE $20,998

S15437A

2004 MAZDA3 SPORT GS

Automatic, FWD, split folding rear seats, rubber floor mats included, cargo net, tenneau cover included, power group, cloth seats.

$289 BIWEEKLY @ 24 MONTHS — SALE PRICE $10,998

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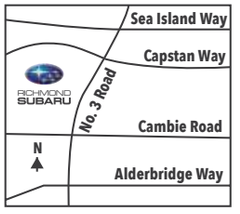

*Terms based on $3,500 down payment over varied months (as listed) at 5.95%, tax not included, $595 documentation, $695 finance fees and $199 preparation fee. All ICBC reports and Car Proofs available on request. DL #31150.

HONDA ACCORD HYBRID

A great car that's hard to find?

Honda's 2015 Accord Hybrid is a handsome sedan that delivers top economy under real-world conditions, reports auto industry website The Car Connection, but perhaps the biggest disappointment has been how few of them Honda has made so far. The car has been favourably reviewed by critics, but the main challenge in 2014 was extremely limited availability. Honda attributed that to a parts-supply issue and said last fall that it was working hard to boost production. The hybrid is built alongside other Accords for North America in Honda's Ohio plant, while very small numbers of Accord Plug-in Hybrids — so far about 50 a month — are imported from Japan.

TECHNOLOGY

Ford seeks affordable carbon fibre

The production of more affordable composites for automobiles is the goal of a new partnership that the Ford Motor Company has entered into with DowAksa, itself a partnership between the Dow Chemical Company and acrylic fibre giant Aksa. Despite its light weight and super strength, carbon-fibre car parts remain time consuming and labour intensive to make. Ford demonstrated its commitment to bringing lightweight technology to the masses with its pioneering aluminum Ford F-150, says automotive news site Motor Authority.

HAPPINESS IS UNLOCKING YOUR HONDA

UNLOCK A DEAL

Model shown: Civic Touring FB2F7FKNX

2015 CIVIC DX

LEASE FOR $39*

0.99% APR# $0 down‡

Weekly on a 60 month term with 260 payments.
MSRP $17,245** includes freight and PDI.

Features available on select models include:

- LaneWatch™ blind spot display
- Multi-angle rearview camera
- 7" Display Audio System with HondaLink™ Next Generation

2015 ACCORD LX

LEASE FOR $62* @ 0.99% APR# $0 down‡

Weekly on a 60 month term with 260 payments.
MSRP **$25,745**** includes freight and PDI. Model shown: CR2E3FE

Features available on select models include:

- LaneWatch™ blind spot display
- Lane Departure Warning and Forward Collision Warning
- Rearview camera (standard)

2015 FIT DX

LEASE FOR $40* @ 2.99% APR# $0 down‡

Weekly on a 60 month term with 260 payments.
MSRP **$16,070**** includes freight and PDI. Model shown: GK5G3FE

Standard features include:

- Earth Dreams™ technology powertrain
- Multi-angle rearview camera
- 60/40 Split 2nd Row Magic Seat®

HONDA

bchonda.com

*Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2015 Accord LX model CR2E3FE/Civic DX model FB2E2FEX/Fit DX model GK5G3FE ("Specified Models") for a 60-month period, for a total of 260 payments of $61.93/$38.95/$39.97 leased at 0.99%/0.99%/2.99% APR based on applying $325.00/$1,100.00/$1,175.00 "lease dollars" (which are deducted from the negotiated selling price before taxes). ‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2015 Accord LX, Civic DX and Fit DX only on customer's behalf. Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $16,101.80/$10,127.00/$10,392.20. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $25,745/$17,245/$16,070 including freight and PDI of $1,695/$1,495/$1,495 based on new 2015 Specified Models described above. License, insurance, registration and taxes are extra and may be required at the time of purchase. */#/**Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on Specified Models only. Offers valid from April 1st through 30th 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Lincoln's Continental concept car drew comparisons to the Bentley Flying Spur. CONTRIBUTED

Lincoln gets people talking

NEW YORK AUTO SHOW

Continental concept attracts controversy

AUTO PILOT

Mike Goetz

Lincoln has made two moves of late, garnering lots of not-quite positive social and regular media coverage.

The net result, however, has been totally positive for Lincoln.

Sales are up. More people are talking about Lincoln, yours truly included.

Of course one of those moves was getting Mathew McConaughey to star in its commercials.

These commercials are parodied so much, it has become a new and distinct comedic art form, to be practised and studied by generations to come.

The other move that got people talking was the design it rendered on the Lincoln Continental concept car, shown recently at the auto show in New York.

The design is pretty enough, but interest in the Continental ramped up even more after a certain Bentley designer, Luc Donckerwolke, said it was essentially a rip-off of the Bentley Flying Spur.

"I would have called it Flying Spur concept and kept the four round lights," said a peeved Donckerwolke on his Facebook page.

He also posted this rhetorical question on the Facebook page of Lincoln's chief designer, David Woodhouse: "Do you want us to send the product tooling?" Not surprisingly, Woodhouse quickly deleted the comment.

When interviewed later on the subject (by Car and Driver), Donckerwolke said he understood that lots of cars use dramatic wheel haunches and power lines that run down the side of the body — that wasn't his objection.

It was Lincoln's use of too many additional details, which ultimately in his mind created something too close to the Flying Spur.

I guess it's a bit like when songwriters get called out for coming up with a tune that is too reminiscent of another song.

It seems to be OK to "reinterpret" or be "inspired" by another work, but when the whole package comes together, it better not immediately remind you of the original.

"... interest in the Continental ramped up even more after a certain Bentley designer, Luc Donckerwolke, said it was essentially a rip-off of the Bentley Flying Spur.

The Continental concept also got the discussion going on how Lincoln and its American luxury brand cohort, Cadillac, might rival Mercedes-Benz, BMW and Lexus, which still dominate the luxury segment, like the U.S. and Canada dominate women's hockey.

Cadillac showed off its new CT6 in New York, and with a very lightweight chassis and high-end suspension components, it aims to please with handling and performance — to better the German makes at their own game.

On the other hand, a production version of the Continental, which is slated to replace MKS, aims to please with less outright performance and more style and comfort, particularly in the back, where luxury buyers in China like to sit while being chauffeured.

When the production Continental is ready for prime time, I'm sure Mr. McConaughey will have something to say about it in yet another infamous television commercial.

Maybe something along the lines of, "All right, all right, all right."

Maybe something else. Either way, can't wait.

LUXURY CARS

What's in a name?

Lincoln Continental does appear to be going against the current luxury grain in some ways, for example by actually having a name, instead of being designated by some letters and numbers, like A6, Q70, LS 460, CLA250, RLX, et cetera.

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2014 RANGE ROVER SPORT V6
V6 engine, 4x4m automatic, turn signal indicator mirrors, A/C, navigation system, memory seats, power moonroof.
$346 WEEKLY @ 84 MONTHS SALE PRICE $91,888

B3361B

2011 SCION XD
Automatic, A/C, tilt steering wheel, power windows, wireless phone connectivity, CD/AM/FM/MP3.
$51 WEEKLY @ 84 MONTHS SALE PRICE $12,995

BB3979

2012 SUBARU OUTBACK
Convenience package, AWD, automatic, split folding rear seats, A/C, Bluetooth/BlueConnect.
$90 WEEKLY @ 84 MONTHS SALE PRICE $23,995

BB3938B

2011 TOYOTA VENZA
AWD, automatic, lift gate rear cargo, A/C, front dual zone A/C, trunk/hatch auto-latch, split folding rear seats.
$94 WEEKLY @ 78 MONTHS SALE PRICE $24,995

S15125A

2010 MAZDA 3 GX
Power door mirrors, tilt and telescoping steering wheel, AM/FM/CD/MP3, 1-touch down.
$50 WEEKLY @ 78 MONTHS SALE PRICE $11,888

BB3823A

2010 TOYOTA CAMRY LE
Automatic, well equipped to meet all your families needs on long trips and about town.
$41* WEEKLY @ 78 MONTHS SALE PRICE $8,888

S14734A

2008 MITSUBISHI LANCER ES
A/C, tilt steering wheel, speed control, AM/FM/CD/MP3, steering wheel mounted audio controls.
$62 WEEKLY @ 66 MONTHS SALE PRICE $12,995

BB949A

2010 TOYOTA TACOMA
Nothing needs to be said to sell this one, its the SRS of the Tacomas! It will be sold before you get off the couch!
$115 WEEKLY @ 78 MONTHS SALE PRICE $28,888

S15271A

2009 TOYOTA YARIS LE
Economy cars don't get much better than Toyota's legendary Yaris. Airbags & is very well equipped
$41* WEEKLY @ 78 MONTHS SALE PRICE $8,998

S15454A

2007 HONDA FIT SPORT
Automatic, A/C, tilt steering wheel, speed control, AM/FM radio. CD player. front fog lights.
$46** WEEKLY @ 60 MONTHS SALE PRICE $7,995

S15543A

2006 MAZDA RX-8 GT
Pure Japanese racing muscle machine! Fully loaded and only 61,776 kms!! Automatic, power group.
$66** WEEKLY @ 60 MONTHS SALE PRICE $11,995

V15590A

2010 CADILLAC SRX LUXURY
AWD, heated and auto-dimming door mirrors, adjustable pedals, A/C, memory seat, garage door transmitter.
$92 WEEKLY @ 78 MONTHS SALE PRICE $22,995

AB10669

2014 HYUNDAI VELOSTER TECH
Automatic, A/C, heated steering wheel, navigation, power moonroof, tilt and telescoping steering wheel.
$90 WEEKLY @ 84 MONTHS SALE PRICE $23,995

B5516B

2011 SMART FORTWO
Automatic, power and heated door mirrors, A/C, navigation system, wireless phone connectivity.
$40* WEEKLY @ 84 MONTHS SALE PRICE $9,995

BB3840

2013 BMW X6 XDRIVE35I
AWD, automatic transmission, 3.0L 6cyl. engine, power moonroof, A/C, leather interior, garage door transmitter.
$205 WEEKLY @ 84 MONTHS SALE PRICE $54,995

B3908B

2009 JEEP WRANGLER X
4x4, skid plates, 3.8L 6cyl. engine, front and rear beverage holders, sequential multi-point fuel injection.
$73 WEEKLY @ 78 MONTHS SALE PRICE $17,995

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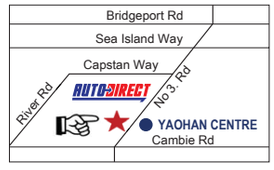

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2015 Titanium model shown $34,049*

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Retail offers not combinable with any 0%, 0.9% or 1.9% Purchase Financing or the Commercial Fleet Incentive Program (CFIP). ‡‡ Until April 30, 2015, receive $750 ($1,000/$1,250/$1,500/$1,750/$2,000/$3,500/$4,500/$7,000/$9,500 on Manufacturer Rebate (Delivery Allowance) with the purchase or lease of a new 2015 Explorer/2015 Taurus SE, Expedition, Transit Connect/2015 F-MAX/2015 Flex/2015 Edge/2015 Taurus (excluding V6 3.5 L E-Series, Transit E-350 to E-550 Chassis Cabs/2015 F-150 Regular Cab (excluding XL 4x2)/2015 F-150 SuperCab and Super Crew/2015 F-250 to F-450 Super Duty (excluding Chassis Cabs)/Ford Engine/2015 F-250 to F-450 Crew Cab (excluding Chassis Cabs)/Diesel Engine — all Stripped chassis, cutaway body F-550 Extra Cab and Medium Truck models excluded. Manufacturer Rebate is not combinable with 0%, 0.9% or 1.9% Purchase Financing, Delivery Allowances are not combinable with any Fleet consumer incentives. ‡ Until April 30, 2015, receive 0% APR purchase financing over 24, 36, 48 or 60 months. Example: $25,000 purchase financed at 0% APR for 36/60/72 months, monthly payment is $694.44/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment or trade equity may be required. Based on approved credit from Ford Credit. ***Until April 30, 2015, lease or new 2015 Focus SE 4DR Automatic / 2015 Escape 2.5L FWD with 2.5L engine/2015 F-150 SuperCrew XLT 4x4 3.5L with 300A Engine and get a lease rate of 0%/0%/0% (lease terminal percentage rate (APR) financing for up to 48/48/24 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR. 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Manufacturer Rebate are not combinable with any Fleet consumer incentives. ‡‡ Until April 30, 2015, receive $1,000/$1,500/$2,000/$2,500/$3,000/$4,500/$5,000/$6,000/$7,000/$9,000/$10,000/$11,000/$12,000/$13,000 Manufacturer Rebate (Delivery Allowance) with the purchase or lease of a new 2015 Fiesta/2015 Focus/2015 C-MAX/2015 Fusion/2015 Escape/2015 Explorer/2015 Taurus/2015 Flex/2015 Edge/2015 Taurus (excluding V6 3.5 L E-Series, Transit E-350 to E-550 Chassis Cabs)/2015 F-150 Regular Cab (excluding XL 4x2)/2015 F-150 SuperCab and Super Crew/2015 F-250 to F-450 Super Duty (excluding Chassis Cabs)/Ford Engine/2015 F-250 to F-450 Crew Cab (excluding Chassis Cabs)/Diesel Engine — all Stripped chassis, cutaway body F-550 Extra Cab and Medium Truck models excluded. Manufacturer Rebate is not combinable with 0%, 0.9% or 1.9% Purchase Financing, Delivery Allowances are not combinable with any Fleet consumer incentives. ‡ Until April 30, 2015, receive 0% APR purchase financing over 24, 36, 48 or 60 months. Example: $25,000 purchase financed at 0% APR for 36/60/72 months, monthly payment is $694.44/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment or trade equity may be required. Based on approved credit from Ford Credit. ***Until April 30, 2015, lease or new 2015 Focus SE 4DR Automatic / 2015 Escape 2.5L FWD with 2.5L engine/2015 F-150 SuperCrew XLT 4x4 3.5L with 300A Engine and get a lease rate of 0%/0%/0% (lease terminal percentage rate (APR) financing for up to 48/48/24 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR. Lease a vehicle with a value of $27,714/$27,093/$43,749 at 0%/0%/0% APR for up to 48/48/24 months with $1,195/$1,195/$2,275 down or equivalent trade in, monthly payment is $176/$280/$349 (comparison payments are for reference purposes only and are calculated as 78 bi-wkly). The monthly payment is annualized (multiplied by 12) and then divided by the comparison period (26 weeks for bi-weekly). Fee example ($265/312) / 26 bi-weekly periods = $10.19/$12.00 / 26 bi-weekly periods = $392/$549 = $1,195/$2,275 down payment. Offer includes $0/$0/$0 lease allowance, $0/$0/$0 security deposit, $0/$0/$0 first month's lease payment, $0/$0/$0 freight and air tax but excludes variable charges of licence, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charge or fees, and all applicable taxes. Lease payable on full amount of lease financing price after Ford Credit Lease Cash and manufacturer rebate deducted. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear and late fees. Some conditions and mileage restrictions of 64,000km/40,000km/40,000km (or 48,000km/24,000km/24,000km) apply. Excess kilometrage charges are 12¢ per km for Fiesta, Focus, C-Max, Fusion and Escape; 16¢ per km for E-Series, Mustang, Taurus, Taurus X, Edge, Flex, Explorer, E-Series, MKS, MKX, MKT, MKT and Transit Connect; 20¢ per km for Expedition and Navigator, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. ^Until April 30, 2015, purchase a new 2015 Focus SE 4DR Automatic / 2015 Escape 1.6 FWD with 2.4L engine/2015 F-150 SuperCrew XLT 4x4 3.5L with 300A Engine/2015 F-150 SuperCrew XLT 4x4 3.5L with chrome package for $37,394/$27,139/$34,049/$35,771/$41,699 after manufacturer rebates of $0/$0/$0/$4,500/$4,500 deducted. Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include: $1,665/$1,790/$1,790/$1,800/$1,800 Freight and air tax but excludes variable charges of licence, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Manufacturer Rebate are not combinable with any Fleet consumer incentives. ^^When properly equipped. Max. towing of 12,200 lbs. with 3.5L EcoBoost V6 4x2 Max. payload of 2,300 lbs. GVWR of 6,050 lbs. with 3.5L EcoBoost V6 4x2 engines. Class is Ford's own. ^Pickups under 8,500 lbs. GVWR. ▲ Offers only valid from March 3, 2015 to April 30, 2015 (the "Offer Period") to resident Canadians who are eligible Costco members (optional Costco Membership Number). Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before rebate (AUD $1,000 offer is deducted first). ***Based on years end 2010, 2011, 2012, 2013, and 2014 total sales figures for light vehicles in Canada from DesRosiers Automotive Consultants Inc. ◊◊Offer ends March 3, 2015. ◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends March 31, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊Offer ends March 31, 2015. ◊◊◊Offer ends April 30, 2015. ◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊◊

metro SPORTS

The Cavaliers can clinch the East's No. 2 seed with a win over the Bucks tonight

Wednesday, April 8, 2015

Lack's message loud, clear

NHL

Swede's play against Kings indicates he's playoff ready

Cam Tucker
Metro | Vancouver

At one end of the rink stood Jonathan Quick, a two-time Stanley Cup champion since 2012 and a Conn Smythe winner. At the other stood Eddie Lack, penciled in as the backup goalie for the Vancouver Canucks when the season started.

When Monday's crucial Pacific Division showdown between the visiting L.A. Kings and Canucks came to an end, it was Lack doing his celebratory victory dance following a glove save on Marian Gaborik to wrap up a shootout win for Vancouver.

It was a big win for the Canucks. It was a huge bounce-back performance for Lack.

He struggled in a loss to the Jets on Saturday — defensively, the team in front of him didn't have a strong game, either.

Two nights later against the Kings, Lack made 36 saves and then stopped Jeff Carter, Anze Kopitar and Gaborik in the deciding skills competition.

He was beaten only once early. That was it. It was Lack who gave the Canucks the chance.

Since late February, when Ryan Miller went down to injury, Lack has posted a .923 save percentage.

His play down the stretch has been a big part of why the Canucks are in a position to make the playoffs after missing them a year ago. And it's given rise to debate about the starting goalie situation heading into the playoffs, and when or if Miller, is absolutely ready to return.

.919

Lack's save percentage this season. He has 17 wins and a 2.52 goals-against average to go with it.

There are the usual talking points: Is Lack fatigued? He's in only his second full NHL season, so is lack of Stanley Cup playoff experience an issue?

Against the Kings, Lack provided quite the counter-argument.

Eddie Lack made 36 saves in the Canucks 2-1 shootout win over the Kings on Monday night at Rogers Arena. JONATHAN HAYWARD/THE CANADIAN PRESS

MLS

Caps on same page defensively

The offensive players for the Vancouver Whitecaps — guys like Pedro Morales or newcomer Octavio Rivero — are often the focal point of attention.

In last weekend's impressive victory over the L.A. Galaxy, the Whitecaps held possession of the ball for the majority of the match, but when they did give it up the opposition didn't have much of an attack. They held Robbie Keane, one of the league's most prolific scorers, without a single shot.

"I didn't have much to do," said Vancouver's goalie David Ousted. "We need 10 guys, 11 including me, to work really hard on closing the opposition down and Saturday everybody did their job to almost perfection."

The Whitecaps play the Columbus Crew at BC Place Stadium on Wednesday.

The key to Vancouver's strong defensive play over the weekend wasn't anything complicated, according to midfielder Russell Teibert.

"When you have guys that are in sync, they're communicating, they're talking, and they're on the same page," he said. "You become a tough block to beat and a tough line of defence to penetrate." CAM TUCKER/METRO

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RECIPE Cobb Salad Wraps with Tomatoes, Avocado and Black Beans

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15
Cook time: 12

Directions

1. Lightly coat a grill pan with vegetable spray and set over medium heat. Grill the chicken for 4 minutes on each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine the tomatoes, red pepper, avocado, black beans, green onions and parsley in a large bowl. Add the lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix well.

3. Spread one-half of each of the tortillas with one quarter of the tomato mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Ingredients
- 8 oz skinless boneless chicken breasts (about 2 breasts)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

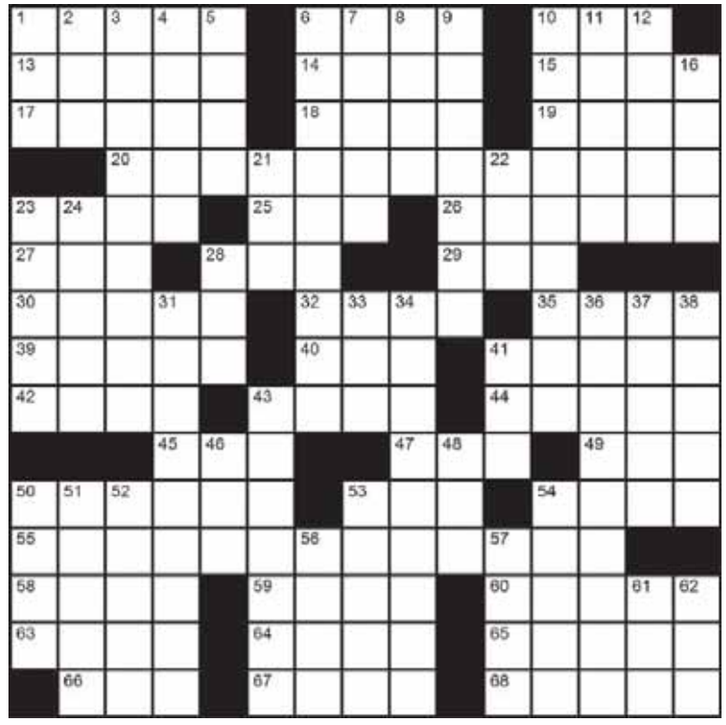
Nutrition per serving (1/2 wrap)
- Calories 132
- Protein 11 g
- Carbohydrates 19 g
- Fibre 2.4 g
- Total fat 5.1 g
- Saturated fat 1.2 g
- Cholesterol 19 mg
- Sodium 193 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. #55-Across hit: "All the Things I _"
6. Absalom's killer
10. PC port
13. Actress Mary
14. 'Appear' suffix
15. Apex
17. Swerve-ish
18. Requisite
19. Calgary's Best Walks author Ms. Beattie
20. Kathleen Edwards' "_ _ _ _, You Get the Glory"
23. "The Facts of Life" role
25. Q. "I'm wondering _ '_' is the 15th letter?" A. "It is."
26. As per #6-Down... Vancouver-born actor John who played Muley
27. Poke
28. _ Paulo, Brazil
29. And: German
30. Vote in
32. Pleasant
35. Chichen _ (Mayan city)
39. Stockpile
40. Play-_
41. Start
42. Polynesian amulet
43. Mare's hair
44. Spry
45. "Evita" (1996) character
47. Inquire
49. Ancient 1501
50. Potato pancakes
53. Techie buy
54. Time _ _ a premium
55. As per #1-Across... Band, with The, from Kelowna, BC: 3 wds.
58. Prong
59. Opposing
60. 'Beaut' suffix
63. "Mary _ _ little..."
64. Hidden valley
65. Feudal lord
66. Variantly-spelled French lily
67. Literature governess Jane
68. EDM instrument

DOWN
1. Audio file format
2. 'Purch' addon (Buy)
3. Author of the book (with The) at #55-Across: John _ (b.1902 - d.1968)
4. Canadian actress Ms. Shearer
5. "_ _ Little Tenderness"
6. Daughter of actor Henry (He starred in the 1940 movie adaptation of #3-Down's book at #55-Across): 2 wds.
7. Two down, _ _ go...
8. Banda _ (City in Sumatra in Indonesia)
9. Central _, PEI
10. Computer-user's activity at times
11. 1988 Summer Olympics locale
12. Freight-carrying boat
16. The Greg _ Band
21. Car company
22. Greyish-brown
23. Throw out
24. _ Lama
28. Sault Marie link
31. Hummus ingredients
33. 'Opt' suffix
34. Jess Moskaluke's "_ _ and Cigarettes"
36. 1926 chalk portrait by Canadian artist Edwin Holgate: _ Chief (Samuel Gaum)
37. Nintendo's The Legend of _
38. Swallowed the loss: 2 wds.
41. Hardwood choice
43. Remy Shand's "Take a _"
46. "_ Haw"
48. April's seas.
50. Carpentry meas.
51. Typeface type
52. Actress Jessica
53. Following
54. Mouse on "The Simpsons"
56. Exclusively
57. River islets
61. Social bug
62. Book before Esth.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Some topics are best avoided today if you want to steer clear of heated arguments. The problem though is that the most divisive issues tend to be the ones on which you have the most to say. Oh go on then, be controversial.

Taurus April 21 - May 21
Try not to change things for the sake of it over the next 24 hours. You are thinking of altering something because others have been criticizing you for being too traditional. They're right, you are — but so what?

Gemini May 22 - June 21
The planets are moving in your favour now, so think positive and positive things are sure to occur. If you are in any way artistic you can create something special over the next few weeks.

Cancer June 22 - July 23
The decisions you make today will either come back to help you or come back to haunt you later in the month, so make sure they are good decisions emotionally and financially.

Leo July 24 - Aug. 23
Some problems go away if you take no notice of them but the problem you are wrestling with at the moment needs to be dealt with immediately.

Virgo Aug. 24 - Sept. 23
This could be a confusing day in that something is so obviously going right for you now but you still feel it could fall apart at any moment. Stop worrying about what the future will hold and live in the moment.

Libra Sept. 24 - Oct. 23
This is one of the best times of the year for relationships, so don't worry if you have not seen eye to eye with certain people of late. You are still very much on the same level mentally and emotionally.

Scorpio Oct. 24 - Nov. 22
What seems unimportant to you may be of earth-shattering significance to someone else, so don't dismiss their worries out of hand. Try showing a bit of empathy over the next 24 hours.

Sagittarius Nov. 23 - Dec. 21
With the Sun, Mercury and Uranus moving through one of the most dynamic areas of your chart you should be out there in the world making things happen. If you can't from where you are, go some place else.

Capricorn Dec. 22 - Jan. 20
Try not to let your emotions get the better of you today. That applies to all areas of your life but especially to money matters.

Aquarius Jan. 21 - Feb. 19
You have no option now but to accept that partners and colleagues have the upper hand. But you can plan ahead and look forward to a time when you are back in control.

Pisces
Feb. 20 - March 20
Some people say you should speak softly and carry a big stick, but why do you need a stick when you know you can charm anyone you please? Your way with words is all the protection you need.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		5		1		2	
		4				9		
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6		1		3		4		2
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